



MMMMM... Brownies

 Popular

READY IN



60 min.

SERVINGS



16

CALORIES



162 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 2 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 tablespoons water

☐ 0.5 cup sugar white

Equipment

☐ frying pan

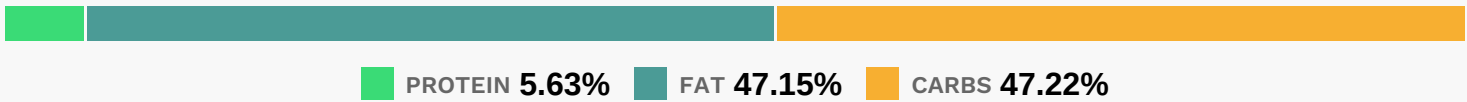
☐ sauce pan

☐ oven

Directions

- ☐ Preheat the oven to 325 degrees F (165 degrees C). Grease an 8x8 inch square pan.
- ☐ In a medium saucepan, combine the sugar, butter and water. Cook over medium heat until boiling.
- ☐ Remove from heat and stir in chocolate chips until melted and smooth.
- ☐ Mix in the eggs and vanilla.
- ☐ Combine the flour, baking soda and salt; stir into the chocolate mixture.
- ☐ Spread evenly into the prepared pan.
- ☐ Bake for 25 to 30 minutes in the preheated oven, until brownies set up. Do not overbake! Cool in pan and cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:7.24, Inflammation Score:-2, Nutrition Score:3.8413043073986%

Nutrients (% of daily need)

Calories: 161.5kcal (8.07%), Fat: 8.48g (13.04%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 17.61g (6.4%), Sugar: 12.48g (13.87%), Cholesterol: 25.24mg (8.41%), Sodium: 110.79mg (4.82%), Alcohol: 0.04g (100%), Alcohol %: 0.14% (100%), Caffeine: 14.51mg (4.84%), Protein: 2.28g (4.56%), Manganese: 0.26mg (13.07%), Copper: 0.22mg (11.15%), Magnesium: 31.58mg (7.89%), Iron: 1.41mg (7.83%), Selenium: 4.93µg (7.04%), Phosphorus: 60.82mg (6.08%), Fiber: 1.49g (5.96%), Zinc: 0.56mg (3.72%), Vitamin B2: 0.06mg (3.59%), Vitamin B1: 0.05mg (3.24%), Potassium: 109.59mg (3.13%), Folate: 12.17µg (3.04%), Vitamin B3: 0.45mg (2.27%), Vitamin A: 81.87IU (1.64%), Vitamin B5: 0.16mg (1.6%), Calcium: 14.92mg (1.49%), Vitamin B12: 0.08µg (1.37%), Vitamin E: 0.2mg (1.34%), Vitamin K: 1.37µg (1.3%)